

Strawberry Pineapple Fruit Smoothie

Ingredients:

- 3/4 cup frozen strawberries
- 1 banana
- 1/2 15 ounce can pineapple (with juice)
- 3 tablespoons low-fat plain yogurt
- 2 tablespoons unsalted sunflower seeds
- 6 ounces orange juice

Directions:

Puree all ingredients in a blender. Pour into 2 glasses.

Makes 2 servings.

Nutrition Facts

Serving Size 1 drink (343g)
Servings Per Container 1

Amount Per Serving

Calories 210 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 43g **14%**

Dietary Fiber 3g **12%**

Sugars 31g

Protein 4g

Vitamin A 6% • Vitamin C 130%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4